

Essential Oils and Pets Safety Chart

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EMERGENCY: ASPCA Animal Poison Control (888) 426-4435 · Pet Poison Helpline (855) 764-7661 · Both 24/7, fees may apply

My vet: _____ **Emergency clinic:** _____

1. Oils to keep away from cats and dogs

Oil	Main concern	Cats	Dogs
Tea tree (melaleuca)	Tremors, weakness, liver damage	HIGH	HIGH
Pennyroyal	Liver failure, seizures. Never use for fleas	HIGH	HIGH
Wintergreen, sweet birch	Aspirin-like methyl salicylate	HIGH	HIGH
Cinnamon, cassia	Liver concerns, irritation	Risk	Risk
Clove	Phenols (eugenol)	Risk	Caution
Eucalyptus	Linked to seizures	Risk	Risk
Pine	Stomach, skin, liver, kidney effects	Risk	Risk
Peppermint	Menthol	Risk	Caution
Citrus (orange, lemon, grapefruit)	d-Limonene	Risk	Caution
Ylang ylang	Harmful to both species	Risk	Risk
Wormwood, hyssop, sage, cedar	Linked to seizures	Risk	Risk
Nutmeg	Cats very susceptible	Risk	Caution

Not on the list does not mean safe. Dose and exposure matter most. Never apply undiluted oil to a pet or give oil by mouth.

2. Warning signs and what to do

Warning signs (minutes to 12 hours)	5 emergency steps
Drooling, pawing at mouth, vomiting Watery eyes or nose, coughing, wheezing Open-mouth breathing in cats Wobbly walking, tremors, weak back legs Lethargy, low body temperature, collapse Red, irritated skin; fur smells of oil	1. Remove the source; move pet to fresh air 2. Do NOT make your pet vomit 3. Call your vet or a poison line now 4. Wash oil off skin only if the vet advises 5. Bring the bottle; note the time Signs can last up to 3 days: follow up

3. Diffuser rules

- ☐ Under 30 minutes per session ☐ Door open so pets can leave ☐ Window open; air the room after
- ☐ Out of reach of paws and tails ☐ Away from food and water bowls ☐ Ultrasonic/nebulizing: extra care with cats
- ☐ No diffusing with birds, or pets with asthma or breathing problems ☐ Stop if eyes water, nose runs or pet coughs

4. Everyday habits

Store oils in a closed cabinet · Wash hands before handling pets · Let "natural" cleaners dry before pets walk on floors
Keep liquid potpourri and muscle rubs out of reach · Use vet-approved flea control, never DIY oil sprays